



October Mini Meals 2021

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1 AM Chex Mix & 1% Milk PM Pretzels, Cheese & Water	
4 AM Cheese & Crackers & Water PM Goldfish Crackers & 1% Milk		5 AM Fruit & 1% Milk PM Toast with Jelly & Water		6 AM Bagels & 1% Milk PM Cheerios & 1% Milk		7 AM Veggie Straws & 1% Milk PM Veggies & 1% Milk		8 AM Pretzels & 1% Milk PM Ritz Crackers & Water	
11 AM Goldfish Grahams, Raisins & Water PM Veggie Straws & 1% Milk		12 AM English Muffins with Wow Butter & Water PM Pretzels, Cheese & Water		13 AM Cornflakes & 1% Milk PM Veggies & 1% Milk		14 AM Fruit & 1% Milk PM Grahams, Yogurt & 1% Milk		15 AM Chex & 1% Milk PM Goldfish & 1% Milk	
18 AM Mandarin Oranges & Water PM Cornflakes & 1% Milk		19 AM Fruit, Grahams & Water PM Bagels & 1% Milk		20 AM Grahams & 1% Milk PM Cereal Bar & 1% Milk		21 AM Cheerios & 1% Milk PM Veggies & 1% Milk		22 AM Ritz Crackers, Cheese & Water PM Pretzels, Cheese & 1% Milk	
25 AM Veggie Straws, Raisins & Water PM English Muffin with Wow Butter & Water		26 AM Fish Grahams, Yogurt & Water PM Goldfish & 1% Milk		27 AM Cornflakes & 1% Milk PM Fruit & 1% Milk		28 AM Vanilla Wafers & 1% Milk PM Grahams & 1% Milk		